#### TO REACH OLD AGE.

What Two Distinguished Octogenarians Say About It.

HOW TO REACH THE EIGHTY POST

Drink and Tobacco as Health-Destroyers-Early Rising and Work as Health Producers-Vigorous at Ninety-One.

Washington, May 21, 1891.—[Special correspondence of The Herald.]—Within the past few years Washington has bad a number of distinguished nonogenarians. George Bancroft died when over 90. The million-Bancroft died when over 90. The million-Corcoran had almost reached his ninetieth birthday when he passed away, and one of the liveliest old men in Wash-Ington to-day lives at the White House, and he is known to everyone as the father of Mrs. President Harrison. The Rev. Dr. Scott is now 91 years of age. He was born before Washington died, and he is to-day as firm on his legs as President Harrison himself. He is considerably taller than the President, has a broad, well filled-out chest, a bright eye, and is wonderfully well preserved mentally. I had a two hours' chat with him in his room in the second story of the White House the other day, and I found him full of life and goodfellowship. He is a man of more than ordinary ability and is young enough to He tells me that he continued to mature until he was 60, and that he thinks he was in his prime at this time. He believes in laughing as much as possible in ife, and says it was care that killed the cat. He has not had any regular rule of diet or of exercise and while he because the same of th He tells me that he continued to mature

than eighty years of age, but he is in his declared to be a warfare between heaven and hell. The church will wake up to its written for me the following article on false to it. longevity and how to obtain it. It is headed "A Long Life," and reads:

You wish to know what the secret is, if any, as to the method of reaching a long life. There ought not to be any secret about it, for the necessary rules relating to it are so many, so plain and so widely published to the world that no intelligent person should be ignorant of them. There is no other earthly good so precious as sound health, yet there is nothing of which people are so careless and so prodigal, constantly violating in the most reckless manner the

riolating in the most recates mainer the plainest, simplest laws of life.

As to myself, I came of a strong stock. My ancesters, all of them, paternal and maternal, as far back as I know anything of them, were farmers and Quakers, leading a frugal, industrious, active, temperate life, the blood of not even one of them polyanced by atrong dring. The Primads from

the fact that as a body of men and women they were more free from disease than other people of equal numbers, and attained to longer like.

I have led an active life from early flowed children or the sick to be aroused attained to longer like.

I have lod an active life from early flowed children or the sick to be aroused any trouble; always avoiding any article of tool from which I had none experience any trouble; always careful not to ext tool from which I had none experience any trouble; always careful not to ext tool from which I had none experience any trouble; always careful not to ext tool from which I had none experience any trouble; always careful not to ext tool from the fine that the gastric juice must accuss any people, when marry, are likely and the proposed that coffee din not agree with me. Though fond of it, I took now. I have not be that, one cup of it morning, noon and inject to that, one cup of it morning, noon and inject to that, one cup of it morning, noon and inject to the six one of the cases where it is folly two hours before breakfast for morning papers and books; rarely keeping late hours; never engaged in any form of dissipation. In early life an athlete and good swimmer, but never indulging in those exercises to excess; never but once to such an extent as to eccasion almormal action of the heart.

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form as rigorously as Jews and Modamied-dans sweld pork. Never any good can possibly come from it to any one, while it has been the direct and in-direct cause of the failure in life of mil-lious of men who had no fear of it. Avoid tobacco as a matter very important to health and a clean, sweet life. The young man does not know that he who has the man does not know that he who has the tobacco habit is not a free man; he is like the galley slave chained to the bench upon which he sits at his forced labor. Letthe young man remember that it is not impossible for him who has the tobacco habit to be at some time, perhaps often, an insufficable nuisance to many persons who are so unfortunate as to be in his company casually or otherwise. Let him remember that to such a man it is almost impossible, always and everywhere, to be an honest, upright, polished gentle-man. Somewhere and perhaps often, he will without thought, poison the air that others must breathe, which he has no more right to than to poison the water and food which they must drink and eat, or on the sly to take the purse from their pecket. One's purse is no more his right than his share of the pure atmosphere for respiration. The man with the tobacco habit his share of the pure atmosphere for respiration. The man with the tobacco habit is always, unconsciously perhaps, invading the rights of others; if not unconsciously, then it is with no care for others' rights. Let the young man remember that the tobacco habit is acquired by men when they are green and vealy. When once fastened upon them they are in the state, the eternal rock of Christianity and civilization. But what is the upshot of the window.

General de window. ber that the tobacco habit is acquired by men when they are green and vealy. When once fastened upon them they are in shackles of iron that it is almost impossible and chaos, the wreck of all that is good and aligner ward, for all the money in the Bank of England he would not again endure the horrors of that struggle. Let the part the tattered red fing, "Marriage the legal license of the perpetuation of the saving. Honest fortunes come in that way, carring and saving the sum I name. If he has a small salary, save more. I knew a young man who had a saliry of \$5,500 a year; he spent the whole of t is he went on, and should not the greatest of the part of the state of the part of the state of the sale of the play is given up, it can be utilized.

I A BENTON P. M.

WHY WOMEN TAIK

Why WOMEN TAIK

Well This is only one of the many severe the produce the weight of the stated more attention and given better satisfaction than any totlet preparation known. It enjoys the distinction of being, first harmless; second, invisible; and go up and down very caref

now, at the age of 50 years, he has saved nothing. I knew another, young man, who, by a stroke of good fortune, came to the salary. Up to that time he had been always poor, though, industrions and prudent. I met him in the street one day and said, "Now save; now you have a good chance to lay the foundation of a fortune, he heeded my advice, as he afterwards told me, and to-day he is a man of independent fortune, as free now with his money for good objects, as he had came by self-denial, by saving and by wise investment of what he saved. The other man now gives his notes instead of cash, in payment of shoe bills and grocers, accounts; the other pays cash always for his needs, with hundreds for persons and objects worthy of help. Young man, choose which path you will take, this or that, both lead to a different end.

A healthy life and along one must largely depend upon the comfort of one's august and self-denial and path of one of the complete of the complete of the control of one's august and the large of the complete of t

and surroundings adapted to one's wants and needs—is necessary to a healthy and long life. All this, none of it, can one have without money, and this comes to the great majority of people by earning, and the good of it comes by saving. Without that, wages what a little way in proporting comfort

goodfellowship. He is a man of more than ordinary ability and is young enough to be interested in the present as well as in the past. Still his life has been a very hard one. He was for years a professor in a western college and he preached at the same time that he taught. Much of his preaching was done away from the town in which his college was located, and he weild often rise before daybreak or ride half the night to get back to his classes. He tells me that he continued to mature of law to a system whereby \$2.30,000,000 and of law to a system whereby \$2.300,000,000 and of law to a system whereby \$2.300,000,000 and of law to a system whereby \$2.300,000,000 and the following the law to be a system whereby \$2.300,000,000 and the law to be a system whereby \$2.300,000,000 and the law to be a law to be a system whereby \$2.300,000,000 and the law to be a law to

rule of diet or of exercise and while he believes in temperance he would not advise young men to be too careful of what they eat, but he would say that they should worry as little as possible, marry young and get all they can out of life from day to day.

The hon. Neal dow on longevity.

There is no brighter mind in the country to-day than that of Neal Dow. He is more than eighty years of ago, but he is in his prime physically and mentally, and he has

CASSIUS M. CLAY ON HOW TO KEEP COOL The Hon. Cassius M. Clay, of Kentucky, is another octogenarian who seems to be endowed with perpetual youth. He writes concerning longevity and how to secure it, as follows:

WHITEHALL, Ken , -DEAR SIR-Your letter upon long life is

Some curious statisticians aver that the average life of animals is five times the age of maturity. Taking that age in man to be twenty, he should live 100 years. The Jewish savants truly said: "The fathers vielating in the most recicless manner the plainest, simplest laws of life.

As to myself, I came of a strong stock. My ancesters, all of them, paternal and maturnal, as far back as I know anything of them, were farmers and Quakors, leading a frugal, Industrious, active, temperate life, the blood of not seven one of them polsoned by strong drink. The Friends, from the origin of the denomination, were careful to avoid the universal habit of their time, the use of alsoholic liquors. This abstincence, together with that other rule of life of theirs, to keep themselves "unspotted from the world," no doubt had much to do with the fact that as a body of men and women they were more free from disease than other people of equal numbers, and stained to louger life.

I have led an active life from early youth, always abstaluing from drink and tobacco; always avoiding any article of single meal favors bealth. A change

the heart.

Never suffering from an anticipated evil; remembering that sufficient unto the day are the evils thereof; that people suffer a great deal more from misjortunes that never come than from those which actually befail them. Trust in God is not only a Christian duty, but it tends to temper the ills of life and makes even the sharpest of them easier to bear. The thought comes to such a man: Who knows but this is best! And so he comes to accept it as best, because of his belief that God rules and God knows.

I have been always busy in some way: copt it as best, because of his belief that God rules and God knows.

I have been always busy in some way; have always had some leading object in life, which kept and keeps me occupied in body and mind, so that time has never been heavy upon my hands. A love of books began with me very early in life, so that my pocket money, even in boyhood, almost all of it, went in that direction, nover to the expenditure of even a penny in sowing wild oats, or in the payment of harvest expenses, often very heavy, and in later life the buying of books was my only extravagance.

I am not sure that advice to young men, especially if unasked, will be much valued, but it it is very cheap, and since you wish it, I will say: Avoid strong drink in any form as rigorously as Jews and Mohammedans avoid pork. Never any good can possibly come from it to any one, while it has been the direct and in-

4. I rise early, at six now, and am never idie. Though my political views generally keep me in a minority, I still take interest in public affairs, in agriculture and in scientific development. I write on railroads, (our U.P.—Frisco, Milford and intermed) U.P.—Frisco, Milford and intermed) masters), on Money, Samos, Commerce, Improved Live Stock, Forestry, Agriculture, Prohibition, Woman Suffrage, Nihilism, etc. I am engaced in but one permanent work, the second volume of my "Memoirs, Etc." But I am in no haste about it, as I may yet live to be a hundred years old.

years old. 5-Do I believe in the use of spirituous iquors, tobacco, tea and coffee! I favor he moderate use of liquors, tea and coffee but oppose prohibition, which would make a nation of sneaks, and which has been a potent factor in causing women to put on the breeches riding astride the war-horses of politics. I am with King James,

Tobacco is a masty weed, kight from Hell they brought the seed, It fouls the mouth and so is the clothes, And makes a chimney of the nose."







NOTICE OF BOND ELECTION. OFFICE OF THE BOARD OF EDUCATION

OF THE
CITY OF SALT LAKE.
SALT LAKE CITY, Utah, May 14, 1891.

supplying the same with furniture, necesses to sary apparatus and improving the grounds, and for liquidating any indebtedness already incurred for such purposes. The new registry lists as propared by the registration officers of this county shall govern as to the qualifications of voters. George M. Scott,

J. B. Moreton, Clerk.

THE MORNING COCKTAIL Taken before breakfast creates a false, in jurious appetite. A wineglass full of Dr. Henley's English Dandeloin Tonic taken before meals strengthens the digestive or-gans and enables you to relish a hearty meal without injury to the stomach.

UNITED STATES POSTOFFICE.

MAILS, U. P.—East, also north to Ogden, Box Elder, Cellinston and Logan R. G. W.—Atlantic Mail, east. U. P.—Local Mail north to Logan and intermediate points; also, a closed pouch for San Francisco. R. G. W.—For Ogden. U. P.—For Idaho, Montana, Portland, San Francisco and east. 6:10 a.m U. P.—Stockton and intermediate U. C.-Park City, Mill Creek and R G. W.-Bingham MAILS.

P.—Eastern fast mail.
P.—Park City and Cache Valley.
P.—Idaho, Montana and Oregon.
P.—Frisco, Milford and all points U. P.—Stockton.
R. G. W.—Pacific mail.
R. G. W.—Pacific express.
R. G. W.—Bingham OFFICE HOURS. foney order window.... legister window..... eral delivery and stamp 8:00 a.m 6:00 p.m window (except 6:00 a.m 7:00 p.m OPEN. CLOSE. SUNDAY HOURS.

thing else I have seen, have built private theatres in their palaces. This is taking time by the forelock, and the picture. arranging for a whole family of coming his-

Wherever the amateur actor elects to play he must consider the extraneous space behind the acting arena necessary for his earth, but yet are of it."

useful. One door opening into another room is absolutely necessary, if no better with areas all about it-for the players to

retire into and issue from. However, drawing up the big sofa in front of the footlights and arranging a pair of screens and a curtain will do, if nothing else can be done.

bureau, a plane or a bed. The very funny dece, "Box and Cox," needs nothing but a ed, a table and a fireplace. And here we would say to the youthful actor: Select your play at first with a view to its requir-

LITTLE CHANGE OF SCENE and not much furniture. A young actor to get up a play in French. It helps so to needs space. He is embarrassed by too conquer the delicatesse of the language. many chairs and tables. Then choose a

and for very little money will take away the boards and joists afterwards, so a permanent stage can be built for a few dollars. Sometimes ingenious boys build their own stage with a few boxes, but this is apt to be dangerous. Very few families are without

candle put in, or a row of old bottles of equal height with candles stuck in the

equal height with candles stuck in the mouth make a most admirable and CHEAP SET OF FOOTLIGHTS.

The curtain is always a trouble, especially in a parlor. A light, wooden frame should be made by the carpenter, firm at the joints, and as high as the room allows. Joined to the stage at the foot, this frame forms three sides of a square. And the curtain must be firmly nailed to the top piece. A stiff wire should be run along the lower

Fifth—The said bonds are proposed to be issued for the purpose of raising money for purchasing school sites, for building or purchasing one or more school houses and supplying the same with furniture, necessary apparatus and improving the grounds, and for liquidating any indebtedness already incurred for such purposes.

The new registry lists as prepared by the registration officers of this county shall govern as to the qualifications of voters.

George M. Scott,

George M. Scott,

President,

President,

Fred flaunel and old finery will supply the facely dresses, so is a natural born leader is indispensable. In the ambitious essay of certain amateurs, the opera of "Patience" was well essayed in New York, and but for the musical talent of the two great parts would have been a failure, except for the diligent six weeks' training which the play received at the hand of the principal actor in the real operatia; but this seems very dear for the whistler, when one can go and hear the real time. It is in one can go and hear the real tune. It is in places where the real play cannot be neard that the amateur theatricals are of import-

Young men at college get up the best of

dresses, and to the make up of the character give study and observation.

If they need a comic face, they have an artist from the theatre to come and put it on with a camer's hair pencil. An old man's face, or a brigand's is only a bit of water color. A pretty girl can be made out of a beavy young man by rouge, chalis and a blonde wig. For a drunkard or a villian a few purple spots are painted on chin,cheek, forehead and nose, indiciously.

Young girls are spt in essaying private theatricals to sacrifice too much to prettiness. This is a fatal mistake. One must oven sacrifice native bloom, if the part requires it, and put on unneeded rouge if necessary.

and committing the lines to memory the and committing the lines to memory the young actor must submit to many and long rehearsals. After much study and rehearsals they must not be discouraged if they grow worse instead of better. However, perseverance conquers all things, and finally they get to the dress rehearsal.

This is generally a disappointment, and time should be allowed for two dress rehearsals. This is a most excellent and advantageous discouragement if it leads the actors to more study.

The stage manager has a difficult role to play, for he may discover that his people

play, for he may discover that his people around the store during the forenoon made wounded self-love and the tempers get extended. However, if everyone will bear in mind that he is only a part of a perfect whole and be willing to sacrifice himself, he can do this end more.

hearsal are Necessary.

New York, May 21, 1891.— Special correspondence of The Herald. —

"A poor thing, my masters, not the real thing mock orange, if you cannot have the real thing."—Old Play.

Some of our opulent citizens in the west, particularly in that wondrous city Chicago, which is nearer to Aladdin's lamp than anything else I have seen have built private.

THESE PUT IN GLOBES

with a candle behind will throw the light or Again if a ghastly look be required and a Again if a ghastly look be required and a ghost scene be in order, mix common salt with spirits of wine in a metal cup, and set it upon a wire frame over a spirit lamp. When the cup becomes heated, and the fame to play in a barn than on the best stage), the following hints may prove serviceable.

Wherever the amateur actor elects to

That look not like the inhabitants of the behind the acting arena necessary for his exits and entrances and his theatrical properties. In an ordinary house,

THE BACK PARLOR,

with two doors opening into the diningroom, makes an ideal theatre, for the exits can be masked and the space is especially useful. One door opening into another

THE HIGHLY DECORATED TREE. room is absolutely necessary, if no botter arrangement can be made. The best stage, of course, is like that of a theatre—raised with areas all about it—for the players to "Rivals" is one of these, and so is "Every-"Rivals" is one of these, and so is "Every-body's Friend." "The Follies of a Night" plays itself, and "The Happy Pair" goes very well. "A Regular Fix," one of South-ern's plays, the "Liar," in which poor Les-ter Wallack played, and Woodcock's Little [Came", are all served lent.

Game' are all excellent. cise can be done.

It is hardly necessary to say that all these arrangements for a play depend on the requirements of the play and its legitimate business, which may demand a table, a and maid will attempt hard and sometimes discouraging work even in cities where the professional work is so very much better. The private amsteur play should study to be accurate as to costume. No pink satin Maria Antoinette slippers with a Greek dress. Classic sandals are easily made.

The French repertoire is very rich in very

Standard of Diom Bounceaut's frish characters can be admirably imitated.

But in this connection why not call in the transcendent attraction of music? Now that we have lady orchestras why not have them on the stage, or have them play occasional music between the acts, or while the tableaux are on? It adds a great charm. The family circle where the brothers an old carpet, which will serve for a stage covering, and if this is lacking green baize is very cheap. A whole stage fitting, curtains and all, can be made of green baize. Footlights can be made of tin with bits of

WHO CAN SING COMIC SONGS. and who does not sing them too often.

young people than to study up a play.

Observe the faces of the Oberamm peasants, their intellectual and happy faces, "INFORMED WITH THOUGHT,"

Young men at college get up the best of all amateur plays, because they are realistic and stop at nothing to make strong outlines and deep shadows. They, too, buy

MANY PROPERTIES LIKE WIOS, dresses, and to the make up of the character give study and observation.

If they need a comic face, they have an artist from the theatre to come and put it. They have a motive in life besides the mare.

Funny plays might be thrown in to enliver the scene, but there should be a good deal of honest work inculcated as well. Music, As amusement is the object, the plays had that most divine of all the arts, should be better be comedy than tragedy; and no such assiduously cultivated. All the Oberam-wordy duels as the "Scrap of Paper" should be attempted, as that requires the highest skill of two great actors.

AFTER READING THE PART

and committing the lines to monore the

When the art of entertaining has reached when the art of entertaining has reached its apotheosis we feel certain that we can have this influence emanating from every opulent country house, and that there will be no more complaint of duliness. M. E. W. Sherwood.

HOW THEY CURE BHEUMATISM IN PENNSYLVANIA.

Mr. J. F. Melghan, a Pittsburgh cigar dealer, awoke one morning with an attack of rheumatism in his right arm. Working

## such pictures, very pretty effects can be easily introduced by the introduction of colored lights, such as can be produced by the use of nitrate of strontia, chlorate of potash, sulphuret of antimony, sulphur, oxymuriate of potassa, metallic arsenic and nulverised charcost

We give you all this week our Entire Stock of

Youths', Boys' and Children's

# J. OTHING

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At Prices Never Before Heard of in the Clothing Line in the Territory.

Boys' Knee Pant Suits, 4 to 14 Years, our Special Sale Price, \$1.00, \$1.50, \$2.00, \$2.50, \$2.00, \$3.50, \$4.00, \$4.50, and they are Perfect in Style and Fit.

Youths' Long Pant Suits, 10 to 18, in Plaids, Checks, Stripes, and Pin Checks, Cut Price, \$3.00, \$3.50, \$4.00, \$4.50, \$5.00, \$5.50 and \$6.00. Every Garment in this line you cannot duplicate for 50 per cent. more money.

Mothers' Friend Shirt Waists, all the Latest Styles in Percale, Plain and Pleated, White, Stripes and Dots; they must go, and you can take them along at 60c., 70c. and 85c.

All other brands of Waists, 15c., 25c. add 40c.

#### On All Goods Bought

During this Sale we will

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play which has so much varied incident that it will play itself.

The first thing is to build the stage. Any carpenter will lay a few stout boards on end pieces, which are simply squared joints, and for very little money will take away and for very little money will take away. Be Sure and Get Our Prices.

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